

How To Be HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

Warding Off Nerve Storms

The Antics of a Kitten Offer Relaxation

DOES anyone nowadays read Louisa Alcott? If so, they will remember Maud, in "An Old-Fashioned Girl," who wanted to be "amused," because she had been told that she was "fractious," and she felt the weight of the unknown disease heavy upon her!

It seems rather severe, in these days of the boasted athletic woman, to say that many girls and women work themselves into nervous headaches and hysterics by pure fractiousness, but it seems often the case. Where one is not really ill or on the verge of nervous prostration from exhaustion or overwork, there is no excuse for the nerve storms from which some women suffer constantly.

While there is no excuse, however, there may be an explanation, and it is to be found in the petty irritations of little things. Women, always more highly strung than men, lose control of themselves entirely too often for their own good. Though they can meet great crises with perfect calm and command of the situation, the minor annoyances of life leave them utterly unfit to cope with them.

Usually, too, these annoyances are of so simple an unnecessary a character that one wonders how they could have ever occurred. For instance, a real instance may be cited which will be a useful lesson to many. A woman who was sewing found herself growing more and more irritable. Nothing seemed to go right, and she had almost worried herself into a nervous headache when she suddenly realized that for half an hour she had been holding a pencil between her teeth. There had been no necessity for this, and the unconscious tension had strained every nerve, bringing her unconsciously almost to the verge of nervous tears.

Make Yourself Comfortable.
One of the first rules for warding off nerve storms is to make one's self as comfortable as possible when at work; a second is to ignore what one cannot have; a third, persistently to push aside unpleasant recollections and to take up some vigorous exercise, or to sing, and sing, until the tendency has fled.

Very often when sewing a woman will sit in a chair too high for her, just enough to necessitate a strain upon the toes and calf muscles. Again, the article most needed will be farthest away; the spool, instead of being where it cannot fall, is put upon a little ledge from which it drops at every opportunity in the most provoking manner. Let us, therefore, seek first for comfort and convenience. Let us not make anything "do" if better can be obtained.

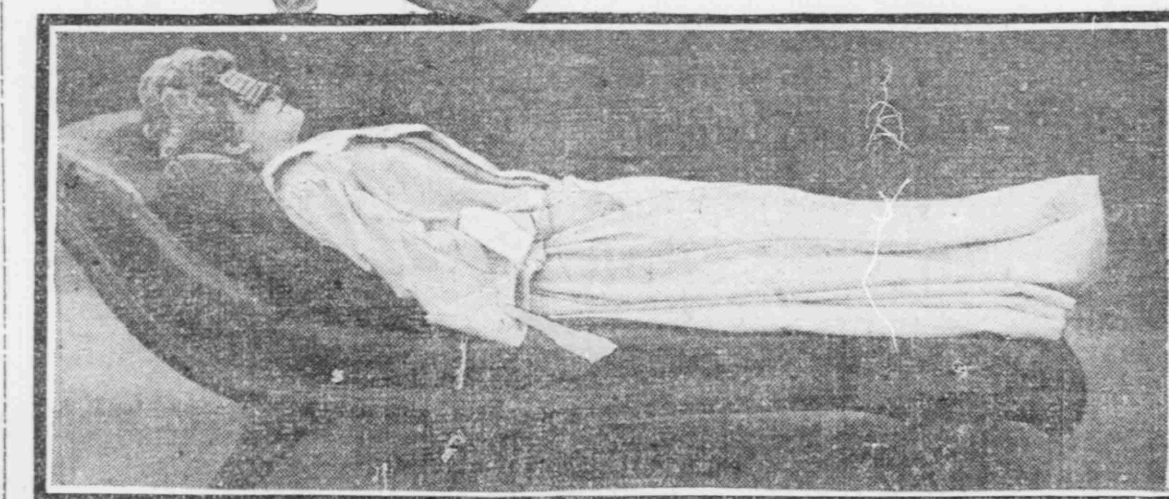
One way, for instance, of guarding against these sewing troubles is to have a sewing chair that is just shown in the picture. This everything is in its wanted place, and ordinary neatness will keep them there. In fact, "a place for everything and everything in its place" is a good rule, even if an old one, for those highly strung individuals who fly to pieces at the least irritation.

The screen mentioned is fully within the capacity of the home carpenter, being simply two pointed boards, hinged together, and supplied, as shown in the illustration, with hooks, nails on which to place spools, a capacious bag and two shelves. It is a simple device, but it will ward off many a nerve storm from the busy housemother.

But days come when, in spite of pre-



A Sewing Chair that Is too High Causes Nervous Tension



Dandage the Eyes with a Black Ribbon

caution, everything goes wrong. The scissors fall, the cotton knots, the goods slip, the dishes break, and nothing is as it should be. Then the victim may be sure the trouble lies in her own nerve centers. There is but one thing to do—face the fact and deal with it, not by fighting, but by yielding. Give up everything, and go away alone, if only for ten minutes, not to commune with one's self, but, if possible, to banish thought entirely. To "let down" the mental system, so to speak, to retire to an absolutely dark closet, is an excellent thing under such circumstances. "Aunt John," one of John Strange Winter's heroines, was wont to say that she took fifteen minutes each day and "emptied her brain." That is what the nervous woman needs.

One sufferer from nervous headaches has devised a plan of resting which cannot be excelled. She had a large closet with one window in it. It would just hold a cot along the wall. The walls were painted a restful green, and the window was curtained with the

same color. Here each day regularly she would come for a little rest. Here she found nothing to attract the eye, nothing to cause mental effort, nothing to jar the nerves. If she found a nervous headache on the way, a short time in this sanctuary would do it. A small amount of time she devoted to that little green solitude each day was a nerve tonic which renewed her mental tone and gave her serenity of soul. Of course, an entire room is not attainable by all, but simply to rest for a while in a darkened chamber, with a black bandage over the eyes, is an enormous help.

One of the best ways of warding off approaching nerve storms is pleasant activity. Physicians recognize this fact, and prescribe the society of a kitten or a puppy for nervous patients, well knowing that in watching its antics their imagined ills will be forgotten. It is good, therefore, to have near at hand some special piece of work, utterly unrelated to the daily business, that will ease the mind while employing it; for, remember, "absence of occupation is not rest." This work, be it embroidery, knitting, wood carving, or whatever one pleases, should be of an engrossing interest, and should be kept only three times when one is nervous and irritated.

Beneficial Exercises.
Simple exercises, too, are often of benefit. If possible, they should be taken in the open air, walking itself being an excellent tonic. All the breathing exercises and those involving motions of the head and neck are good. Practice deep breathing regularly. Stand before an open window once daily and inhale and exhale slowly twenty times.

After all, however, nerve storms are usually due to concentrated egotism, to not egotism, and the main object is to forget self and lose one's self in outside interests. Anything, then, that will accomplish this end is a cure for those nervous storms which so frequently visit those who are so frequently worried.

To the well-poised woman the whole matter may seem too petty for consideration, but let her once know the wear and tear, the depression, and the lined face which nervous storms, and, too, will seek eagerly for the smallest safeguard against its recurrence.

To return again to Louisa Alcott, the sum of the whole affair is that your "mind a little kingdom is," and it is yours to rule as you will.

did as waist depleters. Raise the arms high above the head, then holding knees straight, try to touch the floor with the fingertips. Stand erect, place hands on hips, bend from waist as far as possible to the right, then to the left.

There is no way of actually shortening the waist line, though a clever arrangement of the dress can often make it seem shorter than it is. The measurements for your height are, approximately, 22 bust, 22 waist, and 39 hips. I am giving you some rules for the general reduction of flesh, and if you persevere and have patience, you will undoubtedly lose as much flesh as you desire.

RULES TO REDUCE FLESH.
Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch such as peas, beans, corn, potatoes, etc. Have your bread toasted, sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids.

Let the juice of lemons be as plentiful as it is to you. Limit your sleeping hours to seven at the outside. No naps.

Prescription Not Properly Compounded.
After deriving much benefit from a number of your valuable formulas, I resolved to try Sultana cream make-up. I had the prescription filled by a reliable druggist, but was much disappointed in it, as it does not seem perfect to me. Inclosed you will find a sample of it, and perhaps you can see what is lacking, as it seems too oily; I have never held a pen before for any purpose. I was charged 95 cents for it, which certainly is too much to throw away on such a worthless thing. Please advise me what to do.

E. B. D.

I would like to lose about twenty pounds.

Mrs. C. J.

The following exercises will undoubtedly help you to reduce hips, sides, back and limbs.

TO REDUCE THE HIPS AND BACK.
Hip circling can be done with good results in the way of decreasing size if the principle of resistance is employed. Taking standing position, hands on hips, rotate the hips, bending the knees and keeping chest and shoulders immovable. Contract all the muscles used in this exercise and resist.

A good exercise to strengthen the back and remove excessive flesh from the hips can be taken in one's own bedroom. It consists simply in picking up a small stool or chair and raising it high over the head, and then bending over, placing it on the floor. Repeat this movement, raising the stool high above the head and putting it back on the floor, until tired. It is a good idea also to take a deep breath when you raise the arms above the head and expel when you put the stool to the floor. This is a vigorous exercise, and if kept up will not only strengthen the muscles of the back, but drive away the superfluous flesh from the hips.

TO REDUCE WAIST AND HIPS.
Deep breathing will help to reduce the waist measure and enlarge the chest. The stretching exercises, too, are splendid.

As a general thing, I am not what you would call thin, and I know slighter

CARE OF SKIN AND HAIR

Red Face and Hands.

WHEN coming in contact with the heat my face gets red, and if I hold my hands down at my sides, they also become red. Is there any exercise or remedy for this?

If you use medicine advertised for destroying superfluous hair, after a length of time has elapsed is it liable to make the hair grow longer?

Please tell me where I could get walnut hulls for staining the hair.

MARY.

Your trouble is probably constitutional, and is, in that case, peculiar to full-blooded persons. There is, therefore, nothing to relieve it. I am sorry to say it is unwise to use any patent medicine for reducing superfluous hair or for anything else. No medicine, properly speaking, can remove superfluous hair at all. Only the x-ray or the electric needle do it permanently; the best of all other remedies, the pumice stone treatment, being only temporary. It is as follows:

PUMICE TREATMENT FOR SUPERFLUOUS HAIR.

Get an ordinary 5-cent cake of pumice stone. This is not pumice soap, but the regular old-fashioned pumice stone. To remove the hair, rub the skin afflicted with the superfluous growth, and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream. The pumice stone is best used at night, before retiring.

You should be able to get walnut hulls at any druggist's. They are the tough, bitter skins surrounding the shells of black walnuts. If you cannot get them at your own town, ask your druggist to give you the address of a reputable druggist in one of the large cities, and you will probably be able to procure them from him.

Falling Hair, Etc.

I have massaged my scalp according to advice given other correspondents, and find that after I am through and comb my hair quite a large amount of it comes out. It also falls during the massage.

My hair is very thin about the sides. Can you give a prescription for a good growth?

I have a hard lump, about the size of a small bean, on my head. Would this be caused by any disease of the scalp?

M. I. T.

Perhaps you massage your scalp too hard, or, perhaps, it is not just now in a condition to receive massage. Either discontinue or moderate it, preferably the latter, giving a small amount of massage, gently applied at first and gradually working up to vigorous action.

You do not say whether your hair is dry or oily, so I can give you only a general recipe for the falling of the hair. It is, however, a good one, and will probably help you.

FALLING OF THE HAIR.

Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.

Apply several times a week to the roots of the hair.

As to the lump on the side of your head, I am afraid what you say is too indefinite for me to give you any useful advice. It may be a boil or a sebaceous cyst, or it may be simply due to accident. If it is in any way painful or annoying, you should see a doctor about it.

To Contract the Lips.

Will you kindly publish the recipe for orange-flower cream? My lips are too full, especially the lower one. If it is possible, tell me of a cream or something that will help to keep them contracted. I have heard a recipe:

Cold cream, 20 grams; tannin, 15 grams; crushed alkanet, 15 grams.

Do you think it is good to help contract the lips? If you have anything better, be kind enough to answer.

Can you tell me of a recipe or oil to put on the hair that will keep it curly when it is raining, or when the weather is very wet?

BENJAMINE.

The valuable part of your prescription lies in the tannin, which has great contracting powers. Instead of the formula you give, it would be just as good and much simpler to use plain glycerine of tannin. That ought to have the effect you desire.

The formula for orange-flower cream is as follows:

ORANGE-FLOWER CREAM.

(A Skin Food.)

Oil of sweet almonds, 4 ounces; white wax, 6 grams; spermaceti, 6 grams; borax, 2 grams; glycerine, 15 ounces; orange-flower water, 2 ounces; oil of neroli, 15 drops; oil of petit grain, 15 drops.

Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

The effect of damp weather on the hair depends entirely on the individual. This solution will keep hair curled for a long time, though I do not know if it is weatherproof.

SOLUTION TO KEEP HAIR CURLED.

Gum arabic, 1 ounce; sugar, good, moist, 1 ounce; Water, pure, hot, 1 pint.

Dissolve. When this solution is cold, add alcohol, 2 fluid ounces; bicarbonate of mercury, and sal ammoniac, 6 grains each. The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting in papers or pins.

Hair Falls Out Worse on Right Side.

Can you tell me what makes my hair, which is very long, but rather thin, come out worse on the right side? I am using the quinine tonic and massage my scalp the best I know how, but it seems to make no difference.

What I know of scalp sore. The scalp seems to be bide-bound on the right side more than on the left. Ought the massage movements to be slow or fast? I confess I am at my wits' end to know what to do. I do dread to lose my beautiful hair.

AN OLD SUBSCRIBER.

The cause of your trouble seems to me to be a very simple one. You are right-handed, are you not? Most persons, you know, are. Well, then, you have simply been unconsciously pressing harder on the right side than on the left, and your ill-treated scalp is having its revenge! Some women seem to think that massage means merciless drubbing. Continue your use of the quinine tonic, and make your massage movements a little gentler, and I am sure all will come out right in the end.

CHINESE EYELASH STAIN.

Gum arabic, 1 ounce; India ink, 1/2 dram; Rose water, 1/2 ounce.

Powder the ink and gum and triturate small quantities of the powder with the rose water until you get a uniform black liquid in a powder, and then add the remainder of the rosewater to it. It should be applied with a very fine camel's-hair brush.

What I know of almond milk is simply powdered almonds mixed with water. If this is what you want, you can yourself see how easy and simple it is to prepare. It is the only thing I know under that name, and I trust that it is what you mean.

Developing the Arms.

The all-important question which I ask you is with reference to my arms, which are so thin and unsightly that I have to refrain from wearing short sleeves.

They are of very good size directly below the elbow, but only for a very short distance does this plumpness extend. From about four inches below the elbows to the hands my arms are dreadfully thin. Can you not help me out by telling me what to do to induce plumpness?

As a general thing, I am not what you would call thin, and I know slighter

girls than I who have decidedly pretty arms.

Won't you advise me on this all-important subject, for I find it very annoying that I have to wear long sleeves, when the short elbow sleeves are worn so very much and look so dainty?

How long, by steady perseverance, will it take to bring about the desired effect?

M. P.

It is, indeed, unfortunate that you should be so afflicted. I think, however, that massage will help you out. Use a good massage cream, either one of those so frequently given here, or some such thing as cocoa butter or almond oil. The vegetable creams are less likely to raise hair. Massage regularly and with perseverance, and I am sure you will succeed. It may take some weeks, or even months, but by summer, when short sleeves are most worn, you will probably be able to don them also.

The Vaucaire Remedy.

I am in need of a good bust developer, and would be very grateful if you will send me the recipe for the Vaucaire remedy, or tell me where it can be procured.

Mrs. L. C.

The Vaucaire remedy is so frequently given in these columns that it seems strange that any one should miss it. It is, however, as follows:

DR. VAUCAIRE'S REMEDY FOR THE BUST.

Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 16 grams; tincture of fennel, 19 grams; simple syrup, 300 grams.

The dose is two spoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

Abstinences of cold water and massage will also help to increase the size of the bust and to make it firm.

Eyebrow Stain and Almond Milk.

Will you please send me directions or formula for eyebrow or eyelash stain? Will you please send me 1 can of almond milk? I have tried at the druggist's, and he told me he never heard of it. Can you tell me how to make it?

Mrs. M. B.

The Chinese eyelash stain as I am using is a very good one, and may be used for the eyebrows as well. Be very careful in applying it not to touch the eye.

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